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AMENDMENTS TO THE CLAIMS

1-29. (Canceled)

30. (New) A method for gliding upon a surface utilizing an appendage cover, wherein the appendage cover includes:

(a) a horizontally oriented grip surface positioned to engage an appendage and hold a body portion stationary relative to the appendage; and

(b) a horizontally oriented glide surface positioned to slide upon the surface during movement of a user, the glide surface having a predetermined coefficient of friction permitting the appendage to remain immobile upon the surface when the appendage is bearing at least a portion of the weight of the user up to a non-perpendicular angle relative to a support surface, the method comprising:

placing the appendage in a glide position corresponding to a non-perpendicular angle less than a threshold angle such that the horizontally oriented glide surface freely slides on the support surface; and

placing the appendage in a stationary position corresponding to a non-perpendicular angle greater than or equal to the threshold angle such that the horizontally oriented grip surface engages the support surface so as to render the appendage relatively immobile.

31. (New) The method of Claim 30, wherein the predetermined coefficient of friction is sufficient to permit a user to glide the appendage upon the surface when the appendage is not bearing the weight of the user and when the appendage is weakened more than about 50%.

32. (New) The method of Claim 30, wherein the predetermined coefficient of friction is sufficient to permit a user to glide the appendage upon the support surface when the appendage is not bearing the weight of the user and when the appendage is weakened more than about 75%.

33. (New) The method of Claim 30, wherein the glide surface is formed from nylon.
34. (New) The method of Claim 30, wherein the body portion is adapted to cover a foot of the user, the body portion having a tongue that folds up from a front of the user's foot over a top of the foot.
35. (New) The method of Claim 34, wherein the body portion includes a plurality of straps for coupling the body portion to the foot of the user.
36. (New) The method of Claim 30, wherein the grip surface is formed from neoprene rubber.
37. (New) The method of Claim 30, wherein the threshold angle is approximately fifteen degrees relative to the support surface.
38. (New) The method of Claim 30, wherein the threshold angle is approximately twenty degrees relative to the support surface.
39. (New) The method of Claim 30, wherein the threshold angle is approximately thirty degrees relative to the support surface.
40. (New) A method for gliding upon a surface utilizing an appendage cover, wherein the appendage cover includes:
  - (a) a horizontally oriented grip surface positioned to engage an appendage and hold a body portion stationary relative to the appendage; and
  - (b) a horizontally oriented glide surface positioned to slide upon the surface during movement of a user, the glide surface formed from a fabric of a predetermined fineness rating permitting the appendage to remain immobile upon the surface when the appendage is bearing at least a portion of the weight of the user up to a non-perpendicular angle relative to a support surface, the method comprising:

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placing the appendage in a glide position corresponding to a non-perpendicular angle less than a threshold angle in the range of ten degrees to thirty degrees such that the horizontally oriented glide surface freely slides on the support surface; and

placing the appendage in a stationary position corresponding to a non-perpendicular angle greater than or equal to the threshold angle such that the horizontally oriented grip surface engages the support surface so as to render the appendage relatively immobile.

41. (New) The method of Claim 40, wherein the predetermined coefficient of friction is sufficient to permit a user to glide the appendage upon the surface when the appendage is not bearing the weight of the user and when the appendage is weakened more than about 50%.

42. (New) The method of Claim 40, wherein the predetermined coefficient of friction is sufficient to permit a user to glide the appendage upon the support surface when the appendage is not bearing the weight of the user and when the appendage is weakened more than about 75%.

43. (New) The method of Claim 40, wherein the glide surface is formed from nylon.

44. (New) The method of Claim 40, wherein the body portion is adapted to cover a foot of the user, the body portion having a tongue that folds up from a front of the user's foot over a top of the foot.

45. (New) The method of Claim 44, wherein the body portion includes a plurality of straps for coupling the body portion to the foot of the user.

46. (New) The method of Claim 40, wherein the grip surface is formed from neoprene rubber.

47. (New) The method of Claim 40, wherein the fineness rating is less than 400 denier.